

# ***MOVE!***

## ***If you sit or stand...MOVE!***



Most people sit or stand in their everyday lives, whether it's at our jobs or at home sitting on the couch watching television. However, there are many ways to move your body while sitting and standing. Let's see how:



### **Exercises can be done sitting or standing:**

#### **1. Neck**

Take one hand and gently press your head down towards your left shoulder. Try to get your ear as close to the shoulder as possible without pain. Repeat for right shoulder.

#### **2. Arms**

Keeping arms at your side; palms facing down; bending at the elbows, move arms up towards the shoulders. Repeat.

#### **3. Shoulders**

Raise hands in a 90-degree angle facing upward; press arms up towards ceiling; keep arms close to ears. Repeat.

#### **4. Chest**

Rest your back against the chair; extend arms outward; slowly squeeze the chest bringing arms together; palms facing inward.

#### **5. Feet and Ankles**

Put your feet together; point your feet downward; flex feet back to starting position. Raise one leg and make a circle motion to the left with your foot, reverse circle direction. Repeat with other foot.

#### **6. Legs**

While holding onto your chair; slowly squat down to a 45-degree angle; squeeze your "buns".